

Beginners Yoga

At Thomas G. Crowder Woodland Center

Have you ever wanted to try yoga but not sure where to begin or felt uncomfortable joining a group that is more experienced?

This class is great for beginners and those seeking to learn how to unwind the body and mind after a long day. During this class you will build internal heat and focus, strength and flexibility. We will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will also incorporate standing postures and balance work. Modifications for some poses will be offered so you can choose to work at the level that is appropriate for you.

Date: Tuesdays Oct. 3 - 31

Time: 6:30PM - 8:00 PM

Ages: 18 and up

Cost: \$65 Residents, \$80 Non-residents

Instructor: Jenny Turnage

Barcode: 214781



**Parks,
Recreation and
Cultural Resources**
parks.raleighnc.gov

Thomas G Crowder Woodland Center
5611 Jaguar Park Dr
Raleigh NC 27606
Phone: 919-996-3141
Email: LJWoodlandCtr@raleighnc.gov

